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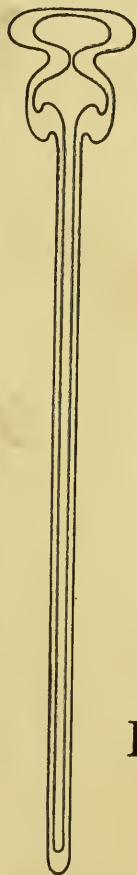


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# Can't Fail



# Cook Book

*By*

Isabelle Clark Swezy





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JOHN VITTUCCI COMPANY  
Seattle, Wash.                      Vancouver, B. C.  
Genoa, Italy

APR 1 1915

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Dec 1, #050



IN preparing the CAN'T FAIL COOK BOOK, it has been my aim to include only recipes that are practical, easy to prepare and therefore the most helpful. There is nothing in this book with which even the amateur may not have success if the simple directions be followed. The majority of the recipes are very inexpensive, and the materials used are ordinarily to be found in every home.

A tin of VITTUCCI VIRGIN OLIVE OIL in the pantry is a real economy—for with it many delicious, appetizing and nourishing dishes can be prepared at little expense—and it is invaluable in preparing a satisfactory meal from the portions which would not otherwise be utilized.

Physicians recommend the generous use of pure Olive Oil. VITTUCCI VIRGIN OLIVE OIL contains, with the exception of the phosphates, all the valuable properties of that justly famous tonic—cod liver oil—with none of its disagreeable taste or after effects—and the phosphates are obtained in many of the foods with which the olive oil is employed.

There is probably no article of diet which contains so great a food value as olive oil, and for this reason a taste for it, if not already possessed, should be cultivated. For those of you who are not now fond of the flavor of olive oil, I especially recommend the following recipes:

Lemon Butter	Philadelphia Cream Pie
Orange Custard	Lemon Pudding Sauce
Lemon Pie Filling	Chocolate Blanc Mange
Chocolate Eclairs	All Meats
Fish and Cooked Vegetables	

in which the flavor of the olive oil cannot be distinguished. By trying these dishes first, the benefit of the oil may be obtained and a liking for it soon acquired.

Read the short articles preceding recipes for meats, salads and sandwiches, then glance through the index and I believe you will find some suggestion for the next meal, something which may be prepared from the materials you have at hand.

Very sincerely,



OLIVES are grown in many parts of southern Europe, in Africa and in our own California, but admittedly the finest are produced in Northern Italy, where soil and climatic conditions unite to produce a fruit that is perfect and of remarkable richness.

Oil produced from the olives of this area, is noted for its extraordinary richness and delicate flavor, and is considered the choicest production of olive groves the world over. Much greater care is exercised in the production of olives in this district than is given to the cultivation of our prize American apple orchards.

The oil, which the first gentle pressing causes to flow, from these big sun-kissed olives, contains the highest nutritive elements and tonic qualities of the perfect fruit, and is aptly named VIRGIN OLIVE OIL. It has all the delicacy and virtue of the choicest olive.

It is from the choicest olives produced in this section of Italy, and in one of the finest and most modern plants in all Italy, that VITTUCCI VIRGIN OLIVE OIL is extracted from the tree-ripened fruit.

The olives are carefully hand picked to avoid bruising, and none but the choicest fruit is selected. From the time the olives are thoroughly washed in clear, cold spring water until the oil is hermetically sealed in the tins, it never at any stage comes in contact with human hands.

The virgin olive oil from the first gentle pressing of the olives is several times washed in a spray of cold water until every particle of vegetable matter is removed. Then the oil is filtered first by a special filtering process and then through the finest cotton, until the purest oil it is possible to produce results. This is drawn into cans and hermetically sealed and

comes to you direct from the olive groves. There is not the slightest chance of adulteration or contamination.

From the foregoing you will readily appreciate that you may use VITTUCCI VIRGIN OLIVE OIL secure in the knowledge that every container holds the choicest extract of one of the most nutritious fruits known to mankind.

Do not assume that all olive oil is alike. There are as many varieties of olives as there are of apples, with as many differences in taste.

The experienced eye can detect a great difference in the color of oil, usually indicating a like difference in quality. A clear golden color is evidence, under normal conditions of pure oil of fine quality. Some oils are rather green and others exhibit a tendency toward a brownish hue. These oils may be pure, but the olives may not have been of the best tasting variety, they may not have been picked at the proper time and proper care may not have been exercised in the extraction of the oil.

As there can be but one "first press" or Virgin Olive Oil extracted from a given quantity of olives, the term "Extra Virgin" is a misnomer. Equally misleading is the term "Lucca" when applied to olive oil to indicate quality; Lucca is merely the name of the town and district from which olive oil is shipped, and, obviously, many grades of high or low quality may be known as "Lucca Olive Oil."

It is always safest and undoubtedly insures the best results, to select an olive oil that you can always depend on being uniformly of the highest quality, and a double guarantee is to ask for VITTUCCI's (pronounced "Ve-two'-che").

In Europe olive oil has for centuries formed an important part of the daily diet, and has and is being used

extensively in cookery. European cooks are taught from their earliest days to use for frying, shortening, enriching and flavoring foods, those natural products which combine the highest degree of nutrition with the minimum of waste, and to the generous use of olive oil may be accredited in large measure the success of French and Italian cookery—and the freedom of Europeans from digestive and stomach troubles.

Olive oil is very generally used for frying, because it does not absorb odors from the food and may be used over and over again, simple straining after each use being all that is necessary. Fish are never so tasty, dainty and wholesome as when browned to a delicate, golden crispness in olive oil, and the same is true of doughnuts and many other standard household articles of diet. However, to get the best results the highest quality of olive oil should be used, as the heavier oils are sometimes unpleasant in odor and taste, especially when heated.

Not very many years ago olive oil was considered a luxury and its use was confined almost exclusively to medicinal purposes. But the American woman learns quickly—thousands of housewives throughout the land soon discovered that olive oil imparts to food flavored with it, a savor all its own. Within the last few years the consumption of olive oil in this country has doubled and trebled time and again.

It did not take the astute American housewife long to discover that here was a means of enhancing her skill as a cook and at the same time an opportunity to counteract to some extent, the rapidly increasing cost of living. She found that olive oil of high quality would keep longer than butter, had much greater utility in preparing a greater variety of appetizing dishes, and that its generous use promoted

the health of her family. Hence, it has become a staple article of food in our homes and there is probably no one other article of diet that contains more nutritive value, combined with adaptability and reasonableness of price. We take pardonable pride in our small part in this advance in American cookery, and it is to further this end that the "Can't Fail Cook Book" has been prepared.

It is to protect you against imposition in the selection of olive oil that we have given our product its distinctive name, as guarantee of the absolute purity and elusive delicacy of VITTUCCI VIRGIN OLIVE OIL. Your dealer will refund your money if our oil is otherwise than as we represent it to be, the best and purest Virgin Olive Oil that human care and skill and the choicest olives in the world, can produce.



## A Few General Directions



**I**N order to avoid absorbing grease, all food which is to be fried or sauted must be put into fat hot enough to immediately form a crust. It is very difficult with all fats but Olive Oil to reach this degree of heat without burning the outside of the food before the center is cooked. Olive Oil can be heated to greater intensity without burning than any other known fat, it being possible to reach a point of over 600 degrees with Olive Oil, while 300 to 400 degrees is the limit of other fats. For this reason it is far superior to all others for frying purposes.

Avoid frying too many articles at one time and always reheat between each frying. Use a wire frying basket for deep frying wherever possible. To test VITTUCCI VIRGIN OLIVE OIL for frying, heat until it begins to smoke, then drop in a small cube taken from the "crumb" (soft center) of white bread. If this becomes golden brown in 40 seconds, the temperature is right for previously cooked foods, such as croquettes, or for oysters or small fish, etc. For doughnuts, fritters, poultry, meats and thicker fish it should require 60 seconds for the bread to brown.

Always put VITTUCCI VIRGIN OLIVE OIL in a cold kettle and bring slowly to the desired heat. Fish properly fried in VITTUCCI VIRGIN OLIVE OIL could not be improved upon.

All good Olive Oil occasionally becomes thick and cloudy if left in too cool a place. While this does not in any way impair the quality of the oil, it makes it more difficult to work with—especially in the making of Mayonnaise. All that is necessary to do is to set it in a warm place until the oil clears.



# RECIPES

MEASUREMENTS  
ARE ALL LEVEL

## Doughnuts, Biscuits, Shortcake

.....

### CAN'T-FAIL DOUGHNUTS (Sweet Milk)

RECIPE NO. 1

(This makes about 30)

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 4 cupfuls sifted flour             | 1 cupful sugar                  |
| 2 level teaspoonfuls salt          | 2 tablespoonfuls VITTUCCI       |
| 5 level teaspoonfuls baking powder | VIRGIN OLIVE OIL                |
| 1 level teaspoonful nutmeg         | $\frac{7}{8}$ cupful sweet milk |
|                                    | 2 beaten eggs                   |

Sift the flour before measuring. Then sift together the flour, salt, baking powder and nutmeg. Add sugar; then VITTUCCI VIRGIN OLIVE OIL. Beat the eggs, stir in the milk and mix all together. Turn out on a well floured board, roll  $\frac{1}{4}$  inch thick, cut with doughnut cutter and fry in deep, hot VITTUCCI VIRGIN OLIVE OIL.

### CAN'T-FAIL DOUGHNUTS (Sour Milk)

RECIPE NO. 2

- |                                  |                                |
|----------------------------------|--------------------------------|
| 4 cupfuls sifted flour           | 1 tablespoonful VITTUCCI       |
| $1\frac{1}{2}$ teaspoonfuls salt | VIRGIN OLIVE OIL               |
| 4 teaspoonfuls baking powder     | 1 cupful thick sour milk       |
| 1 teaspoonful nutmeg             | $\frac{1}{4}$ teaspoonful soda |
| 1 cupful sugar                   | 2 beaten eggs                  |

Measure flour after sifting; then sift again with salt, baking powder and nutmeg. Add sugar; then VITTUCCI VIRGIN OLIVE OIL. Stir soda into sour

milk. Beat eggs light, then add to them the milk. Pour into the dry ingredients; mix, toss on well floured board, roll about  $\frac{1}{4}$  inch thick, cut with doughnut cutter and fry in deep hot VITTUCCI VIRGIN OLIVE OIL.

## TEA BISCUIT

(Baking Powder)

RECIPE NO. 3

(Sufficient for 3 persons)

2 cupfuls flour	-	3 tablespoonfuls VITTUCCI
2 rounding teaspoonfuls baking powder		VIRGIN OLIVE OIL
1 level teaspoonful salt		$\frac{2}{3}$ cupful milk or water

Sift together the flour, salt and baking powder: add the VITTUCCI VIRGIN OLIVE OIL and work in lightly with the fingers. Add milk, roll on floured board, cut and bake in a hot oven. Handle as little as possible.

## SHORTCAKE

RECIPE NO. 4

For shortcake dough, use Baking Powder Biscuit Recipe, only double the quantity of VITTUCCI VIRGIN OLIVE OIL.

## BREAD MAKING

Using VITTUCCI VIRGIN OLIVE OIL in place of lard will make the bread sweeter and more tender. Use the same quantity of oil as you would lard. This saves time in mixing. Greasing the loaves with the olive oil before baking will greatly improve the crust.



# Eggs, Omelets and Cheese Dishes



## ITALIENNE SCRAMBLED EGGS

RECIPE NO. 5

Break the required number of eggs in a bowl. To 6 eggs slightly beaten with a fork, add 1 cupful of canned tomatoes, salt, pepper and paprika to taste and a few drops of onion juice. Scramble the eggs in 4 tablespoonfuls hot VITTUCCI VIRGIN OLIVE OIL.

## CLAM OMELET

RECIPE NO. 6

(This Omelet contains a great amount of nourishment)

Make plain omelet (Recipe No. 7). Have ready a sauce made as follows:

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1 cupful milk                         | 2 tablespoonfuls flour   |
| $\frac{1}{2}$ cupful clams and liquor | Salt and pepper to taste |
| 2 tablespoonfuls VITTUCCI             |                          |
| VIRGIN OLIVE OIL                      |                          |

Heat the milk and clams. Mix together the VITTUCCI VIRGIN OLIVE OIL and flour and stir into the liquid when hot. Season to taste. Just before turning the omelet, spread half with some of this sauce, fold over, remove to hot platter and pour balance around.

## PLAIN OMELET

RECIPE NO. 7

- |                           |                                |
|---------------------------|--------------------------------|
| 4 eggs                    | $\frac{1}{2}$ teaspoonful salt |
| 4 tablespoonfuls water    | Dash pepper                    |
| 2 tablespoonfuls VITTUCCI |                                |
| VIRGIN OLIVE OIL          |                                |

Add the VITTUCCI VIRGIN OLIVE OIL to the eggs and beat slightly; then add the water, salt and pepper. Pour a little VITTUCCI VIRGIN OLIVE OIL in an omelet or frying pan and when hot, carefully pour in the

eggs, and spread around evenly. Cook slowly until it rises and begins to brown on the under side. When fully risen and slightly brown underneath, place on center rack of oven to cook the top. When firm to a light pressure of the finger, it is done. Fold over, and serve on a hot platter.

## SPANISH OMELET

RECIPE NO. 8

Make plain omelet (Recipe No. 7). Have ready a sauce made as follows:

1½ cupfuls canned or stewed tomatoes	Salt and pepper to taste
1 teaspoonful onion juice	Sprig parsley, minced
1 tablespoonful finely minced green pepper	2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL
	2 tablespoonfuls flour

Let tomatoes, peppers, onion juice and seasoning simmer about five minutes. Mix VITTUCCI VIRGIN OLIVE OIL with the flour and stir this in. Cook and stir until thick, then add parsley and remove from fire. Just before turning the omelet, spread some sauce on one half, fold over other half, remove to hot platter and pour around it the balance of the sauce.

## WELSH RAREBIT

RECIPE NO. 9

2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL	¼ teaspoonful salt
1 cupful grated cheese (strong)	Dash paprika
	1 beaten egg yolk
	½ cupful cream or milk

Put the oil, cheese and seasonings in the top of double boiler over boiling water and stir until cheese is melted; then add the beaten egg yolk mixed with the cream or milk and stir until thick and smooth, but do not allow to boil at any time. Pour immediately over slices of hot toast or toasted wafers.

## BAKED EGGS WITH CHEESE

RECIPE NO. 10

Oil a shallow baking dish or enameled pie tin with VITTUCCI VIRGIN OLIVE OIL. Carefully drop in the required number of eggs. Sprinkle each with salt and pepper and pour over them  $\frac{1}{2}$  tablespoonful each of cream and VITTUCCI VIRGIN OLIVE OIL to each egg. Sprinkle with finely grated Parmesan cheese and bake in a moderate oven until the whites are set.



# Fish



FISH fried in VITTUCCI VIRGIN OLIVE OIL is "par excellence." The most perfect way to fry fish is to have the oil sufficiently deep to entirely cover, although this is not at all necessary.



## OYSTER, CLAM OR CRAB COCKTAIL

RECIPE NO. 11

(Sufficient for 5 persons)

Put 3 or 4 oysters, or the equivalent of crab meat or clams in individual glasses and over each pour a tablespoonful of sauce made as follows:

2 tablespoonfuls VITTUCCI	1 tablespoonful vinegar
VIRGIN OLIVE OIL	2 teaspoonfuls lemon juice
1 tablespoonful grated	Few drops tobasco sauce
horseradish	Salt and cayenne to taste
1 tablespoonful tomato catsup	

## BAKED FISH NO. 1

RECIPE NO. 12

Rub the fish inside with a cut onion. Season with salt and pepper. Stuff with dressing made from Recipe No. 41. Sew up the opening. Rub VITTUCCI VIRGIN OLIVE OIL over the outside, sprinkle with salt and pepper and dredge with flour. Put one cupful boiling water in the roasting pan, pour a tablespoonful VITTUCCI VIRGIN OLIVE OIL over the top and bake, allowing about 15 minutes to the pound.

## BAKED FISH NO. 2

Rub the fish inside and out with VITTUCCI VIRGIN OLIVE OIL, season and stuff. Cover with a thick paste made of flour and water. Add 1 cupful boiling water

to the pan and bake in a moderate oven, allowing about 18 to 20 minutes per pound. When done, remove the paste and serve the fish on a hot platter attractively garnished.

## SUPREME BOILED SALMON STEAKS

RECIPE NO. 13

Have salmon sliced  $\frac{3}{4}$  inch thick. Rub each piece with VITTUCCI VIRGIN OLIVE OIL, season with salt and pepper and grate over each a little lemon rind. Lay the pieces on top of each other, and put a sprig of parsley between each. Wrap in oiled paper. Tie securely. Boil, allowing 10 minutes to each slice. Arrange the slices on a hot platter, garnish with parsley and serve with Cheese Sauce, Recipe No. 59.

## BROILED FISH

RECIPE NO. 14

Have the fish cut about  $\frac{1}{2}$  inch thick. Rub each side with VITTUCCI VIRGIN OLIVE OIL. Season with salt and pepper and let stand about half an hour or longer. Then roll in flour. Oil the broiler and broil quickly. Serve on a hot platter garnished with slices of lemon and sprigs of parsley and serve with Tartare Sauce.

## CODFISH BALLS

RECIPE NO. 15

- |   |  |
|---|--|
| 2 cupfuls cooked and<br>shredded codfish      | Sweet cream to moisten<br>Seasoning to taste |
| 3 cupfuls mashed potatoes                     | 1 rounding tablespoonful                     |
| 1 beaten egg                                  | butter, melted                               |
| 3 tablespoonfuls VITTUCCI<br>VIRGIN OLIVE OIL |  |

Bring codfish very slowly to a boil; drain off the water and cover with fresh cold water. When it comes to a boil drain again and cover with fresh

water. Let simmer very slowly until done. Carefully remove all bones. Mix with the mashed potatoes and add the balance of the ingredients. Beat with a fork until very light. It should be as moist as can possibly be handled. When cold, form into balls, dip in flour, then beaten egg, then in fine dry crumbs and drop into hot VITTUCCI VIRGIN OLIVE OIL and fry to a golden brown. Drain on brown paper.

These may be cooked in less oil in a skillet, if preferred, but are more delicate when dropped into deep oil.

## FISH CROQUETTES

RECIPE NO. 16

2 cupfuls left-over cooked fish	1 egg
$\frac{3}{4}$ cupful fine dry bread crumbs	Salt and pepper to taste

One cupful thick white sauce made with 1 tablespoonful VITTUCCI VIRGIN OLIVE OIL, 2 tablespoonfuls flour, 1 cupful milk. Heat the milk, mix the oil and flour together and add and cook till thick, stirring constantly. Add to the mixture, and when cool form into croquettes, roll in fine crumbs, then in egg, then crumbs and drop in deep hot VITTUCCI VIRGIN OLIVE OIL and fry to a delicate brown.

## FRENCHED HALIBUT STEAKS WITH FISH CREAM SAUCE

RECIPE NO. 17

Cut slices of Halibut or other white meat fish into rounds with a large biscuit or cookie cutter, reserving the scraps for the sauce.

Season each round with salt and pepper, dip in flour, then in beaten egg, then a mixture of equal parts corn meal and flour and fry in hot VITTUCCI VIRGIN OLIVE OIL.

In the meantime, take the scraps of fish, cover with boiling water and let simmer until done. Pre-

pare a white sauce, using, preferably, half cream and half milk, although all milk will answer. Heat and when hot thicken with VITTUCCI VIRGIN OLIVE OIL and flour. Make thicker than usual and dilute with some of the fish stock. Season with salt and cayenne. Add the fish scraps and simmer a few minutes, stirring constantly. Just before taking up, add a piece of butter.

Arrange the circles of fried fish on a hot platter and carefully pour this fish sauce around, but not over them. Garnish with parsley and slices of hard boiled egg.

## FRIED TROUT

RECIPE NO. 18

Clean and wipe dry. Dip in beaten egg, then in cornmeal and fry in hot VITTUCCI VIRGIN OLIVE OIL.

## FRIED FISH ROE

RECIPE NO. 19

Drop the roe into boiling salted water to which is added one tablespoonful of vinegar and simmer gently for about 15 minutes. Drain, wipe and chill. When ready to fry, roll in fine dry bread crumbs, then in beaten egg, then again in crumbs and fry in VITTUCCI VIRGIN OLIVE OIL.

This is more delicate if dropped in deep V. V. O. O., but may be cooked very satisfactorily in a little V. V. O. O. in a skillet if preferred.

## STEAMED FISH

RECIPE NO. 20

Spread over the fish, inside and out, a little VITTUCCI VIRGIN OLIVE OIL. Sprinkle with salt and pepper and a little lemon juice. Let stand about an hour to absorb the oil and seasonings. Arrange in a steamer (or in a colander over boiling water if there



is no steamer), cover closely and steam about 12 minutes to the pound. It is done when the flesh easily separates from the bones.

Remove to a dry napkin and let stand a moment to absorb some of the moisture. Arrange on a hot platter, garnish with pieces of lemon and parsley and serve with Tartare Sauce.

## SALMON TURBOT

RECIPE NO. 21

Use left-over cooked salmon or canned salmon. Remove all bones and skin; break the fish apart and sprinkle with salt and pepper. Make a white sauce of 4 tablespoonfuls of VITTUCCI VIRGIN OLIVE OIL, 4 tablespoonfuls flour, 2 cupfuls milk. Heat the milk, blend together the flour and oil and stir into the milk when hot. Cook slowly until thick, stirring constantly. Season to taste with salt and pepper and, if liked, add 1 tablespoonful minced parsley and a few drops of onion juice. Oil a baking dish or casserole, cover with a layer of fish, then white sauce, fish and white sauce. Sprinkle the top with buttered crumbs and bake until brown.

## FISH TURBOT NO. 2

RECIPE NO. 22

Any fish (preferably white meat). For about 2 cupfuls left-over cooked fish freed from bone and skin, make a sauce of:

1/4 cupful VITTUCCI VIRGIN	2 cupfuls milk
OLIVE OIL	1 cupful fish stock (this can
3 tablespoonfuls flour	be made from trimmings
1 tablespoonful minced	of the fish)
parsley	2 egg yolks

Make the fish stock by covering the skin or trimmings of the fish with 1 1/2 cupfuls cold water and simmering until well flavored and reduced to about



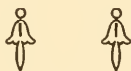
1 cupful. Heat the milk and fish stock and when hot stir in the oil and flour mixed till smooth. Stir and cook until thick. Beat the egg yolks slightly and add to them very gradually some of the partially cooled sauce. Then stir this back into the balance of the sauce and cook a minute longer, stirring vigorously. Oil a baking dish, put in a layer of fish, cover with sauce, sprinkle over it a bit of the parsley, then more fish and sauce until all is used. Cover the top with fine buttered bread crumbs and bake about 20 minutes.

## SALMON LOAF

RECIPE NO. 23

- |   |   |
|---|---|
| 1 pound can salmon freed<br>from bone and skin and<br>drained | 2 tablespoonfuls VITTUCCI<br>VIRGIN OLIVE OIL |
| $\frac{3}{4}$ cupful fine cracker crumbs                      | 2 slightly beaten eggs                        |
|   | Salt and pepper to taste                      |

Make into a loaf and steam one hour. Serve hot, garnished with slices of lemon and sprigs of parsley. Serve with Bechamel Sauce, Recipe No. 58.



# Meats

....

ROASTS, rubbed all over with VITTUCCI VIRGIN OLIVE OIL and allowed to stand half an hour or more before putting in the oven will have a delicious flavor.

CHOPS, or other meat to be *fried*, should be browned quickly on both sides in about three tablespoonfuls of hot VITTUCCI VIRGIN OLIVE OIL, then allowed to cook more slowly.

STEWs may be thickened more smoothly and with less trouble than in any other way by mixing VITTUCCI VIRGIN OLIVE OIL with an equal quantity of flour (the quantity, of course, depending upon the quantity of the stew) and stirring this into the stew while boiling. Stir and cook until it thickens.

\*\*\*\*\*

## BREADED ROUND STEAK

RECIPE NO. 24

Pound both sides. Cut into sizes for serving, dip each piece in beaten egg, then in bread crumbs and fry in hot VITTUCCI VIRGIN OLIVE OIL.

## FRENCH ROAST BEEF

RECIPE NO. 25

Prepare a dressing of 4 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL, 1 teaspoonful lemon juice, 1 slice onion,  $\frac{1}{4}$  bayleaf, 1 tablespoonful chopped parsley. Rub the roast all over with VITTUCCI VIRGIN OLIVE OIL, spread on top this dressing and let stand an hour or more. Then roast in the usual way, basting with this dressing and add  $\frac{1}{2}$  cupful boiling water to the pan. Bake in a hot oven, allowing about 15 minutes to the pound.

## BRAISED HAMBURGER STEAK

RECIPE NO. 26

Form hamburger steak into a large flat cake, mixing with it 1 tablespoonful VITTUCCI VIRGIN OLIVE OIL for each pound of steak. Heat 2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL in a skillet and when hot, lay in the steak and brown quickly on both sides. Then pour over it just enough milk to come to the top. Let cook slowly until the liquid is almost entirely absorbed. Season with salt and pepper, remove to a hot platter and garnish with parsley. Make gravy and pour over it.

## BEEF LOAF

RECIPE NO. 27

2 pounds round steak	1½ cupful cracker crumbs
½ pound salt pork	1 teaspoonful sage
1 egg slightly beaten	½ teaspoonful sweet
2 tablespoonfuls VITTUCCI	marjoram
VIRGIN OLIVE OIL	1½ teaspoonfuls salt
½ cupful fine dry bread	½ teaspoonful pepper
crumbs	1 cupful milk

Have the meat chopped fine. Mix all together, form in a loaf. Put into a well oiled bread pan and bake in a moderate oven about forty minutes. Serve hot or cold.

## ECONOMICAL BEEF LOAF, WITH RICE A L' ITALIENNE

RECIPE NO. 28

1 pound Hamburg steak	½ teaspoonful pepper
1 cupful dry bread crumbs	2 tablespoonfuls VITTUCCI
1 tablespoonful minced onion	VIRGIN OLIVE OIL
2 teaspoonfuls salt	

Mix all together, form into a loaf, place in a baking pan with ½ cupful boiling water and bake in a moderate oven 30 to 40 minutes, basting occasionally. Serve on a hot platter surrounded with Rice a l' Italienne, Recipe No. 55.

## VEAL AND BEEF LOAF

RECIPE NO. 29

(Makes 2 loaves)

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1 pound fresh lean veal  | 1 teaspoonful pepper                 |
| 2 pounds beef            | $\frac{1}{4}$ cupful VITTUCCI VIRGIN |
| 1 small grated onion     | OLIVE OIL                            |
| 1 tablespoonful allspice | 1 cupful bread crumbs                |
| 1 tablespoonful salt     | 2 eggs slightly beaten               |

Have the meat chopped fine and freed from gristle and fat. Mix all together, make into two loaves. Roll in fine bread crumbs and put together in the same pan. Make three or four creases across the top of each and in the creases put a little sweet or sour cream. Bake in a moderate oven about  $2\frac{1}{2}$  hours. Excellent either hot or cold.

## CANNELON OF BEEF AND RICE

RECIPE NO. 30

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 2 pounds chopped round steak     | $\frac{1}{2}$ cupful cracker crumbs |
| 2 teaspoonfuls salt              | 3 tablespoonfuls VITTUCCI           |
| $\frac{1}{2}$ teaspoonful pepper | VIRGIN OLIVE OIL                    |
| 2 teaspoonfuls onion juice       | $\frac{3}{4}$ cupful water or stock |
| 1 slightly beaten egg            |                                     |

Boil 2 cupfuls of rice until tender. Make a meat loaf of the above. Oil a roasting pan, set in the loaf and surround with the rice. Pour over all a cupful of boiling water, cover closely and bake in a moderate oven about 45 minutes.

## ROUND STEAK EN CASSEROLE

RECIPE NO. 31

- |                                     |                           |
|-------------------------------------|---------------------------|
| 2 pounds or more round steak        | $\frac{1}{4}$ bayleaf     |
| cut thick                           | Sprig parsley, minced     |
| $\frac{1}{2}$ pound macaroni boiled | 3 tablespoonfuls VITTUCCI |
| until tender                        | VIRGIN OLIVE OIL          |
|                                     | 1 cupful boiling water    |

Pound the steak and cut into pieces about an inch wide and two inches long. Oil a casserole or baking dish and lay in the boiled macaroni. Cover it with the

meat and pour over it the oil and hot water, and, if liked,  $\frac{1}{2}$  cupful tomato juice. Cover tightly and cook in a moderate oven  $2\frac{1}{2}$  to 3 hours, adding more boiling water if necessary. About half an hour before done, season to taste with salt and pepper. When done, thicken the gravy with a little flour well mixed with an equal quantity of VITTUCCI VIRGIN OLIVE OIL and cook two or three minutes more.

## HAMBURG STEAK BALLS

RECIPE NO. 32

1 pound chopped round steak	2 tablespoonfuls VITTUCCI
$\frac{1}{2}$ cupful cracker crumbs	VIRGIN OLIVE OIL
1 teaspoonful salt	1 tablespoonful chopped
$\frac{1}{2}$ teaspoonful pepper	parsley
4 drops onion juice	

Mix all together and form into flat cakes. Heat three tablespoonfuls VITTUCCI VIRGIN OLIVE OIL in the frying pan and when hot put in the balls and fry. Serve with Tomato Sauce, Recipes Nos. 64 or 65.

## VEAL PATTIES

RECIPE NO. 33

1 pound raw finely chopped veal	2 tablespoonfuls VITTUCCI
$\frac{1}{2}$ cupful fine cracker crumbs	VIRGIN OLIVE OIL
1 egg	Salt and Pepper to taste

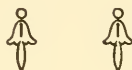
Mix together, form into cutlets, dip in flour, then in beaten egg, then fine bread crumbs and fry in hot VITTUCCI VIRGIN OLIVE OIL. Put a small piece of uncooked macaroni in the end of each to resemble a bone.

## STUFFED PORK TENDERLOIN

RECIPE NO. 34

Have the tenderloins split lengthwise but not cut through, and pounded flat. Spread VITTUCCI VIRGIN OLIVE OIL over the inside, then stuff with dressing

made from Recipe No. 41. Tie securely and bake about 25 minutes in a moderate oven, basting with a little hot water and 1 tablespoonful of VITTUCCI VIRGIN OLIVE OIL.



# Poultry



## ROAST FOWL

RECIPE NO. 35

Clean thoroughly. Rub inside and all over the outside with VITTUCCI VIRGIN OLIVE OIL. Stuff with Poultry Dressing, Recipe No. 41 or Recipe No. 42. Sew up the openings. Sprinkle the outside with salt and pepper and dredge with flour. Put in roasting pan with 1 cupful of boiling water and 2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL. Baste frequently, unless a self-basting pan be used. The oven for poultry should be hot. Allow about 15 minutes to the pound.

## CREAMED CHICKEN

RECIPE NO. 36

(To serve in Patties or on Toast)

6 tablespoonfuls VITTUCCI	2½ teaspoonfuls salt
VIRGIN OLIVE OIL	½ teaspoonfuls pepper
6 tablespoonfuls flour	2 cupfuls diced cooked
1 cupful milk	chicken
1 cupful chicken stock	

Put four tablespoonfuls of the VITTUCCI VIRGIN OLIVE OIL in a frying pan and heat. When hot, draw aside from the fire and stir into it the flour until very smooth. Pour in a little of the milk and stir until smooth, then return to the fire and add very gradually the balance of the milk and the chicken stock (or use all milk if there is no chicken stock). Stir constantly; add the seasoning and cook until thick. Then add the chicken and the balance of the olive oil and cook a minute or two, until the chicken is thoroughly heated. Serve at once, either in hot patty shells or on hot, slightly buttered toast.

## CREAMED CHICKEN AND CELERY

RECIPE NO. 37

Use about  $\frac{1}{4}$  diced celery to  $\frac{3}{4}$  diced cooked chicken.

Cover the celery with cold water and let simmer gently until nearly soft. Drain off the water, saving  $\frac{1}{2}$  cupful to use in the White Sauce. Make the sauce as follows:

3 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL	$\frac{1}{2}$ cupful celery water Salt and paprika to taste
3 tablespoonfuls flour	1 rounding tablespoonful
1 cupful chicken stock	butter
1 cupful milk or cream	

Heat the liquid. Mix the oil and flour and stir in, add the seasonings and cook, stirring constantly until it thickens. Add the celery and chicken and cook until thoroughly heated. Just before removing from the fire add the butter.

## FRIED CHICKEN

RECIPE NO. 38

If an old bird, parboil in boiling salted water (just enough to cover) until almost done. If a young chicken it is better not to parboil.

Rub each piece with VITTUCCI VIRGIN OLIVE OIL, sprinkle with salt and pepper and roll in flour. Have plenty of VITTUCCI VIRGIN OLIVE OIL in the skillet and when hot lay in the chicken. Brown quickly on both sides, then reduce the heat, cover and cook more slowly. If chicken has not been parboiled, it will require considerably longer.

## SMOTHERED CHICKEN

RECIPE NO. 39

Clean thoroughly and cut up one medium sized chicken. Roll each piece in VITTUCCI VIRGIN OLIVE OIL, season with salt and pepper and dredge with



flour. Put into a large casserole or covered bean pot and nearly cover with boiling water. Cover closely and bake slowly about four or five hours. If desired, then add some medium sized or small potatoes, another cupful of water and cook until the potatoes are done. When all is done, thicken the gravy with a paste made of flour and VITTUCCI VIRGIN OLIVE OIL and cook a few minutes more.

Dumplings are good with this dish.

## IMPERIAL CHICKEN

RECIPE NO. 40

1 chicken weighing 3 to 4 pounds	4 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL
2 sweetbreads	5 tablespoonfuls flour (more if needed)
1/2 can mushrooms	1/2 teaspoonful celery salt
1 cupful cream	1 cupful chicken stock
1 cupful milk	Salt and pepper to taste

Blanch the sweetbreads by covering with boiling water and allowing to stand a few minutes. Pull apart and remove the skin. Cut up the chicken, nearly cover with boiling water and cook very slowly until tender. Add the sweetbreads half an hour before done. When done, cut into small pieces. Make a cream sauce by heating the cream, milk and chicken stock and when hot stirring in the flour well mixed with VITTUCCI VIRGIN OLIVE OIL. Stir constantly and cook until thick. Add the chicken, sweetbreads and mushrooms, season to taste with salt and pepper and a dash of cayenne, and let simmer slowly for 12 to 15 minutes. Watch very closely, stirring almost constantly to avoid scorching, unless a double boiler is used.

This is especially fine for Chicken Patties.

## FISH OR POULTRY DRESSING

RECIPE NO. 41

- |  |   |
|--|---|
| $\frac{1}{3}$ cupful VITTUCCI VIRGIN     | 2 level teaspoonfuls salt               |
| OLIVE OIL                                | $\frac{1}{4}$ level teaspoonfuls pepper |
| $1\frac{1}{2}$ cupfuls fine dry homemade | 1 level teaspoonful sage                |
| bread crumbs with                        | Pinch of thyme                          |
| $1\frac{1}{2}$ cupfuls cracker crumbs    | Pinch of savory                         |
| or                                       | 1 teaspoonful onion juice               |
| $2\frac{1}{2}$ cupfuls fine dry bakers'  |   |
| bread crumbs with                        |   |
| $\frac{1}{2}$ cupful cracker crumbs      |   |

Mix together the crumbs and seasonings. Pour over them the oil, then the boiling water. Mix well.

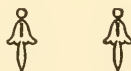
## OYSTER DRESSING FOR POULTRY

RECIPE NO. 42

The quantity given is sufficient for an ordinary roasting chicken. For turkey, triple or quadruple the quantity.

- |   |                            |
|---|----------------------------|
| $1\frac{1}{2}$ cupfuls dry bread crumbs | A few celery seed          |
| $\frac{1}{2}$ cupful cracker crumbs     | $\frac{1}{2}$ pint oysters |
| $\frac{1}{4}$ cupful VITTUCCI VIRGIN    | Salt, pepper, thyme and    |
| OLIVE OIL                               | sage to taste              |
| 1 teaspoonful onion juice               | 1 cupful boiling water     |
| 1 tablespoonful minced                  |                            |
| parsley                                 |                            |

Mix all together and stuff.



# Vegetables

\*\*\*\*\*

## FRENCH BAKED CABBAGE

RECIPE NO. 43

Select a firm, white cabbage. Boil 15 minutes, then drain off the water. Add fresh boiling water, salt, and cook until tender. Drain and set aside to cool. Chop fine. Add salt and pepper to taste, 3 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL, 1 well beaten egg, 4 tablespoonfuls cream and a lump of butter. Mix together, put into an oiled baking dish, cover the top with fine buttered bread crumbs and bake to a delicate brown.

## ITALIENNE MACARONI

RECIPE NO. 44

1 pound macaroni	4 tablespoonfuls flour
1 can tomatoes	4 tablespoonfuls VITTUCCI
1 small onion, sliced	VIRGIN OLIVE OIL
Pinch of soda	$\frac{1}{2}$ cupful grated Parmesan or
1 teaspoonful sugar	other desired cheese
$\frac{1}{4}$ clove garlic	
Salt and pepper to taste	

Boil the macaroni in boiling salted water until tender. While it is cooking, prepare the following:

Put the tomatoes, sliced onion and garlic on the fire and when boiling add the sugar and pinch of soda. Let boil about 10 minutes very slowly. Then strain through a coarse sieve. Return to the fire. Mix together the flour and VITTUCCI VIRGIN OLIVE OIL and add to the hot tomatoes. Stir and cook until thick. Season to taste.

Put the cooked macaroni in a vegetable dish or platter and pour over it the sauce. Sprinkle the top with the cheese and serve.

## CORN FRITTERS

RECIPE NO. 45

1 can corn	1½ teaspoonful baking powder
1 cupful flour	2 eggs
	Seasoning to taste

Season the corn to taste with salt and pepper, then add the eggs slightly beaten. Sift together the flour and baking powder and beat all to a smooth batter. Drop from a tablespoon into hot VITTUCCI VIRGIN OLIVE OIL and fry to a golden brown. Drain on brown paper and serve very hot.

## ESCALLOPED ONIONS

RECIPE NO. 46

Boil dry onions until tender. Make sufficient sauce to cover when sliced, allowing the following proportions for each cupful of sauce desired.

2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL	¼ cupful water in which onions were boiled
1 tablespoonful flour	Salt, pepper and cayenne to taste
¾ cupful milk	

Oil a baking dish, cover with a layer of onions, pour over some of the sauce, then onions and sauce until all is used. Sprinkle top with fine dry bread crumbs buttered and bake half an hour.

## STUFFED ONIONS

RECIPE NO. 47

Parboil medium sized onions in boiling salted water until almost tender. Remove part of the centers, leaving rather a thin shell. Mix the portion removed with any left-over meat (preferably beef or mutton) minced fine. Season to taste and add to it 1 tablespoonful VITTUCCI VIRGIN OLIVE OIL for each onion, and any gravy there may be. If no gravy, moisten with a little water. Sprinkle the inside of the onion shells with salt, fill with the mixture, cover the tops with buttered crumbs and bake for about half an hour.

## FRENCH FRIED POTATOES

RECIPE NO. 48

Pare and cut medium sized potatoes into eighths and drop into cold water. When all are ready, wipe dry. Heat sufficient VITTUCCI VIRGIN OLIVE OIL to thoroughly cover, put the potatoes in a frying basket and set in the hot oil (see General Directions). When almost tender, remove from the oil for two or three minutes while reheating the oil until very hot. Return potatoes to hot oil and finish cooking for three or four minutes. When done, remove, sprinkle well with salt and serve in a hot dish in which is a folded napkin. Potatoes French Fried in this manner will be a beautiful golden brown with a crisp crust on the outside, and almost creamy inside.

## LYONNAISE POTATOES

RECIPE NO. 49

1 pint cold boiled potatoes	VITTUCCI VIRGIN OLIVE OIL
1 tablespoonful minced onion	Seasoning to taste
1 tablespoonful minced parsley	

Cut the potatoes into dice. Fry the minced onion in hot VITTUCCI VIRGIN OLIVE OIL until light brown. Stir in the potatoes, season to taste and fry brown. Just before removing from the fire add the minced parsley.

## ESCALLOPED TOMATOES

RECIPE NO. 50

Canned or stewed tomatoes	VITTUCCI VIRGIN OLIVE OIL
Seasoning	Onion
Bread crumbs	

Rub the tomatoes through a colander or mash with a fork. Have about equal quantity coarse, dry bread crumbs. Season tomatoes to taste with salt, pepper and onion juice or minced onion. To 1 cupful bread crumbs allow about 4 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL. Mix the oil with the

crumbs. Put a layer of tomatoes in a baking dish or casserole, sprinkle with crumbs, and add tomatoes and crumbs until all are used. Cover the top with small squares of buttered dry bread and bake in a moderate oven about half an hour uncovered.

## FRIED TOMATOES

RECIPE NO. 51

Slice fresh tomatoes  $\frac{1}{3}$  inch thick, without peeling, and season each side with plenty of salt and pepper. Make a batter for 6 tomatoes as follows:

$\frac{3}{4}$ cupful flour	$\frac{1}{2}$ cupful milk
$\frac{1}{2}$ teaspoonful baking powder	1 beaten egg
$\frac{1}{4}$ teaspoonful salt	
Dash cayenne	

Mix and sift the dry ingredients. Beat the egg, mix it with the milk and then beat all to a smooth batter. Dip each slice in the batter and fry in 4 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL.

## FRIED TOMATOES NO. 2

RECIPE NO. 52

Slice tomatoes  $\frac{1}{3}$  to  $\frac{1}{2}$  inch thick. Season with salt and pepper. Dip in flour and fry in VITTUCCI VIRGIN OLIVE OIL. Serve on a hot chop platter. Mince parsley and sprinkle over the top.

## STUFFED TOMATOES NO. 1

RECIPE NO. 53

Cut a thin slice from the top of fresh tomatoes and carefully scoop out the center. Sprinkle the inside of the tomato shell with salt and pepper and season the part removed to taste. To each tomato allow 1 tablespoonful VITTUCCI VIRGIN OLIVE OIL and 1 teaspoonful finely minced onion. Take an equal quantity of dry bread crumbs, mix together, refill the shells, put on the tops and bake in a moderate oven about 40 minutes.

## STUFFED TOMATOES NO. 2

RECIPE NO. 54

Cut a thin slice from top of fresh tomatoes and scoop out the center. Season with salt and pepper to taste. To each tomato allow 2 teaspoonfuls VITTUCCI VIRGIN OLIVE OIL, 1 rounding tablespoonful grated Parmesan cheese, 1 rounding tablespoonful minced green pepper (or this may be omitted) and a tablespoonful of bread crumbs. Mix together, refill the tomatoes, sprinkle the top with grated cheese and bake about half an hour.

## RICE A L' ITALIENNE

RECIPE NO. 55

1 cupful well washed rice	2 teaspoonfuls salt
4 cupfuls cold water	$\frac{1}{4}$ cupful VITTUCCI VIRGIN
1 large green pepper, minced	OLIVE OIL
1 small onion, minced	2 cupfuls stewed or canned
$\frac{1}{4}$ clove garlic	tomatoes

Put the water, pepper, onion, garlic and salt on the fire, and when boiling, remove the garlic and sift in the rice. Boil until almost tender, then add the tomatoes and VITTUCCI VIRGIN OLIVE OIL and simmer until the rice is done and tomato almost absorbed.

## STUFFED GREEN PEPPERS

RECIPE NO. 56

Wash the peppers, cut in half lengthwise and remove the seeds. To six halves, allow one extra pepper, to be chopped and mixed with the filling.

Season  $\frac{1}{2}$  a can of corn (or less) with salt and pepper. Add a tablespoonful minced onion, 1 chopped green pepper,  $\frac{1}{2}$  cupful fine dry bread crumbs and 3 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL. Mix thoroughly, stuff the pepper shells, moisten with a very little milk and bake in a moderate oven until the peppers are tender (about half an hour).



# Sauces

....

## ANCHOVY SAUCE FOR MACARONI OR SPHAGETTI

RECIPE NO. 57

Small can of Italian Salt	A little parsley
Anchovies	2 sections of garlic
Small bunch of celery	2 small onions

Wash anchovies and remove bone. Chop everything together fine. Place in a pan with half a cup of VITTUCCI VIRGIN OLIVE OIL, stir continually and cook until brown. Then add one can of tomatoes; salt and pepper to taste and cook very slowly for about two hours.

(Sufficient to serve eight people)

## BECHAMEL SAUCE

RECIPE NO. 58

3 tablespoonfuls VITTUCCI	$\frac{3}{4}$ cupful chicken stock
VIRGIN OLIVE OIL	$\frac{1}{2}$ cupful cream
3 tablespoonfuls flour	1 egg yolk
$\frac{1}{2}$ teaspoonful (scant) salt	
Dash paprika	

Mix the flour and VITTUCCI VIRGIN OLIVE OIL very smooth, then add the beaten egg yolk; stir well, and add the cream and chicken stock gradually. Season and let stand over boiling water for five or six minutes.

## CHEESE SAUCE

RECIPE NO. 59

2 tablespoonfuls VITTUCCI	$\frac{3}{4}$ cupful strong cheese,
VIRGIN OLIVE OIL	grated fine
2 tablespoonfuls flour	1 tablespoonful minced
1 egg yolk	parsley
1 cupful milk	

Beat the egg yolk slightly and add to the milk. Put the oil and flour in a saucepan over the fire and



stir in the liquid gradually. Cook, stirring constantly until thick. Season to taste with salt and pepper and a dash of cayenne. Beat in the grated cheese, remove at once from the fire and add the minced parsley. Serve hot. Especially good with fish, asparagus or cauliflower.

## TARTARE SAUCE NO. 1

RECIPE NO. 60

- |   |                                |
|---|--------------------------------|
| 1 cupful Mayonnaise                       | 1 tablespoonful finely minced  |
| $\frac{1}{2}$ tablespoonful finely minced | olives                         |
| capers                                    | 2 tablespoonfuls finely minced |
|   | sweet gherkins                 |

Prepare the Mayonnaise, then add the minced capers, olives and pickles. Serve with fish.

## TARTARE SAUCE NO. 2

RECIPE NO. 61

- |                         |                              |
|-------------------------|------------------------------|
| 1 cupful Mayonnaise     | 2 tablespoonfuls minced dill |
| 2 tablespoonfuls minced | or sour pickle               |
| canned pimento          |                              |

Prepare the Mayonnaise, then add the finely minced pimento and pickle.

## TARTARE SAUCE NO. 3

RECIPE NO. 62

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1 cupful Mayonnaise                 | 1 small dill pickle, minced |
| $\frac{1}{2}$ cupful finely chopped |                             |
| cabbage                             |                             |

Prepare the Mayonnaise, Recipe No. 94, then add the chopped cabbage and minced pickle.

## MINT SAUCE

RECIPE NO. 63

- |   |                                   |
|---|-----------------------------------|
| $\frac{1}{2}$ cupful finely minced mint | $\frac{1}{2}$ teaspoonful salt    |
| leaves                                  | 2 tablespoonfuls VITTUCCI         |
| 1 tablespoonful powdered                | VIRGIN OLIVE OIL                  |
| sugar                                   | $\frac{1}{2}$ cupful mild vinegar |

Mix all together. Serve with lamb or mutton.

## TOMATO SAUCE

RECIPE NO. 64

- |                              |                           |
|------------------------------|---------------------------|
| 1 can tomatoes               | $\frac{1}{4}$ bayleaf     |
| 1 medium sized onion, sliced | Salt and pepper to taste  |
| 1 clove                      | 3 tablespoonfuls VITTUCCI |
| 1 sprig parsley              | VIRGIN OLIVE OIL          |
|                              | 3 tablespoonfuls flour    |

Put all together excepting the oil and flour and simmer gently for 10 to 15 minutes. Strain through a sieve.

Mix the VITTUCCI VIRGIN OLIVE OIL and flour to a smooth paste and stir in. Return to the fire and cook slowly three or four minutes.

This is an excellent sauce for use with fish or meat, or added to rice or macaroni.

## TOMATO SAUCE NO. 2

RECIPE NO. 65

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1 tablespoonful VITTUCCI | $\frac{1}{2}$ pint strained tomatoes |
| VIRGIN OLIVE OIL         | 1 bay leaf                           |
| 1 tablespoonful flour    | $\frac{1}{2}$ teaspoonful salt       |
|                          | 1 tablespoonful onion juice          |

Strain the tomatoes, add onion juice, bay leaf and salt. Rub oil and flour together in a saucepan; add the tomato and stir until boiling; stand in hot water for 10 minutes, strain and it is ready for use.

## PARSLEY SAUCE

RECIPE NO. 66

- |                             |                                |
|-----------------------------|--------------------------------|
| 3 tablespoonfuls VITTUCCI   | 1 tablespoonful minced         |
| VIRGIN OLIVE OIL            | parsley                        |
| 1 tablespoonful lemon juice | $\frac{1}{2}$ teaspoonful salt |
|                             | Cayenne pepper to taste        |

Mix together and serve with steak or fish.



# Salads



There is probably no dish which adds more to a luncheon, tea, or dinner than an attractively prepared salad, and no dish in which there is greater possibility for the display of originality. In making a salad, do not attempt to exactly follow proportions given in a recipe. Use your own judgment and combine what you may have on hand which will combine attractively. While definite proportions are given herein, it is merely intended that they serve as ideas, which may be changed to appeal to the taste and convenience of the family.

One thing should be borne in mind: a salad which is to be the principal dish at a meal should be substantial. Such combinations as diced cold meat, first marinated in French Dressing, then drained, mixed with diced potatoes, celery, etc., and mixed with Mayonnaise or Boiled Salad Dressing, or fish with hard boiled egg are appropriate, or a combination of substantial vegetables, mixed with the heavier dressings. Where a salad is to be used merely as an "appetizer" or as an accompaniment to a hearty meal, it should be light and dainty—such as a green salad or fruit salad, served with French or any preferred dressing.

When preparing a French Dressing, a very agreeable flavor may be obtained by rubbing the bowl with a clove of bruised garlic or a cut onion, or leave the garlic in the bowl while mixing the French Dressing, removing it when mixed.

Almost any combination of vegetables, such as a spoonful of peas, a few cooked string beans, a little cucumber or cauliflower, mixed together and allowed

to marinate, then drained and mixed with Mayonnaise or Boiled Dressing, are delicious.

There is an endless possibility for converting leftovers into delicious salads, if mixed with any of the salad dressings found in this book.



## APPLE SALAD

RECIPE NO. 67

Select medium sized, attractive red apples. Do not pare, but cut a thin slice from the top. Carefully scoop out the inside. Chop and mix with equal quantity of celery and some chopped walnut meats. To each two apples allow 1 tablespoonful VITTUCCI VIRGIN OLIVE OIL and  $\frac{1}{2}$  teaspoonful lemon juice. Pour over the mixed apples, celery and nuts and toss lightly with a fork. Refill the apple shells and serve with a spoonful of Mayonnaise on top.

## ASPARAGUS SALAD

RECIPE NO. 68

Drain water from a can of asparagus. Split the stalks lengthwise, being careful not to cut clear through. Make a paste of cream cheese and pimento, mixed with VITTUCCI VIRGIN OLIVE OIL. Work together until smooth, then stuff the asparagus stalks. Serve with Mayonnaise.

## BET SALAD WITH PEAS

RECIPE NO. 69

Cut the tops off boiled beets and scoop out the centers. Cut tops and centers into small pieces and mix with half the quantity of peas and a little shredded lettuce. Season with salt and pepper and mix with either Boiled, French or Mayonnaise Dressing. Fill the beet shells with the mixture and put a spoonful of salad dressing on top.

## BANANA SALAD

RECIPE NO. 70

Peel bananas and cut in half crosswise, or if very long, cut in thirds. Roll in Map of Italy Mayonnaise (Recipe No. 96), then in chopped walnuts or peanuts and serve on lettuce leaves.

## CARROT SALAD

RECIPE NO. 71

Scrape raw carrots and dice or put through the food chopper, using a coarse cutter. Mix with bits of lettuce and a little onion if desired. Serve on lettuce leaves with French Dressing, Recipe No. 92.

## CHERRY SALAD

RECIPE NO. 72

Remove stones from Royal Anne cherries and fill centers with filberts or peanuts. Arrange several on a lettuce leaf on each plate and put a spoonful of Boiled Salad Dressing on top.

## CABBAGE SALAD

RECIPE NO. 73

Chop raw cabbage and mix with half the quantity of chopped celery and fourth the quantity of blanched almonds cut in strips lengthwise. Mix with Boiled Salad Dressing, Recipes Nos. 88 or 89, diluted with whipped or plain cream.

## CHEESE AND PIMENTO SALAD

RECIPE NO. 74

Use about  $\frac{1}{3}$  canned pimento to  $\frac{2}{3}$  soft cream cheese. Mash together with a fork and add a few finely chopped olives. Season to taste with salt and cayenne or paprika. Work together into an oblong roll, then slice off thin slices. Serve two or three on individual plates on lettuce leaves with Mayonnaise.

## COTTAGE CHEESE SALAD

RECIPE NO. 75

Add chopped stuffed olives and bits of lettuce to cottage cheese. Season with salt and paprika, mix with Map of Italy Mayonnaise, Recipe No. 97.

## CUCUMBER SALAD

RECIPE NO. 76

Peel cucumbers and cut in half lengthwise and remove the seed. Put the cucumber shells thus made in cold salted water and let stand a few minutes. Wipe dry. To every two cucumbers, allow one additional cucumber,  $\frac{1}{2}$  red and  $\frac{1}{2}$  green pepper and 1 small green onion. Chop fine. Mix either with Boiled Salad Dressing or with French Dressing. Refill the cucumber shells and serve on lettuce leaves.

## FRUIT SALAD WITH MAYONNAISE

RECIPE NO. 77

Use apples, bananas, cherries, oranges and walnuts (or any fruit desired). Nuts to be chopped fine. Fruit to be cut in small pieces; place on lettuce leaves and serve with Mayonnaise.

## LOBSTERS OR SHRIMPS WITH CELERY

RECIPE NO. 78

Put celery in very cold water for about an hour; then cut in small pieces with equal amount of lobster; mix all together with Mayonnaise. If too thick, add lemon juice or vinegar. When mixed serve on lettuce leaves.

## MOCK CHICKEN SALAD

RECIPE NO. 79

Use cold cooked veal. Remove every particle of gristle and fat. Cut into small dice and marinate an hour or so in French Dressing. Just before serving, mix with an equal quantity of diced celery and a little hard boiled egg cut into small pieces, and serve on lettuce leaves with Mayonnaise.

## NOVELTY SALAD

RECIPE NO. 80

- |                                      |   |
|--------------------------------------|---|
| 2 tablespoonfuls granulated gelatine | $\frac{1}{8}$ teaspoonful pepper                |
| $\frac{1}{2}$ cupful cold water      | Dash of cayenne                                 |
| 3 cupfuls stewed or canned tomatoes  | $\frac{3}{4}$ cupful celery cut in small pieces |
| 2 teaspoonfuls salt                  | 4 or 5 small green onions                       |

Dissolve the gelatine by soaking in the cold water for five minutes. Bring the tomatoes to a boil and add the seasoning, then the dissolved gelatine and stir till well mixed, then strain through a sieve. Add the celery and onions cut into small pieces and pour into a mold which has been rinsed in cold water. When firm, dip quickly in and out of warm water to loosen it, and turn out on salad plate. Serve with Map of Italy Mayonnaise.

## PINEAPPLE SALAD NO. 1

RECIPE NO. 81

Use canned sliced pineapple. Put one slice on a lettuce leaf on each individual plate. To each whole slice add  $\frac{1}{2}$  banana and about  $\frac{1}{4}$  orange cut in pieces. Add a spoonful of Boiled Salad Dressing diluted with whipped cream and on top put  $\frac{1}{2}$  an English walnut. Lay halved and seeded California grapes around the plate.

## PINEAPPLE SALAD NO. 2

RECIPE NO. 82

Cut pineapple into cubes and mix with half the quantity of diced celery. Serve with Fruit French Dressing, Recipe No. 92.

## SPINACH SALAD NO. 1

RECIPE NO. 83

To each cupful cold cooked spinach, drained, add 2 green onions cut fine and 1 hard boiled egg cut into small pieces. Mix with French Dressing.



## SPINACH SALAD NO. 2

RECIPE NO. 84

To 2 cupfuls cold cooked spinach add 2 hard boiled egg yolks and some soft cream cheese. Add salt and cayenne to taste. Make into small round balls, and serve 3 or 4 to each person on a nest of lettuce leaves, with a spoonful of Mayonnaise.

## SALMON SALAD

RECIPE NO. 85

Remove bones from a pound can of salmon and drain off all oil. Chop 1 large dill pickle, 2 or 3 green onions, add 1 cupful chopped celery and 2 tablespoonfuls minced parsley. Mix all with either Boiled Salad Dressing or Mayonnaise and serve in a salad bowl lined with lettuce leaves.

## TOMATO AND CUCUMBER SALAD

RECIPE NO. 86

Select small, attractive tomatoes, cut off a slice from the top and scoop out the center. Turn upside down and set in a cool place to drain. Cut the solid part of the tomato, which has been removed, and mix with it some small pieces of cucumber and green onion. To 4 tomatoes, allow 1 cucumber and 2 or 3 green onions. Mix with 2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL, add salt to taste. Refill the tomato shells and put a spoonful of Map of Italy Mayonnaise (Recipe No. 96) on top.

## VEGETABLE SALAD

RECIPE NO. 87

Cut into thin slices, tomatoes, cucumbers, onions and a little green pepper. Add lettuce leaves torn into small pieces. Put into a salad bowl lined with lettuce leaves and over all pour a French Dressing.



# Salad Dressings



## BOILED SALAD DRESSING (Sweet Milk)

RECIPE NO. 88

$\frac{1}{2}$ tablespoonful salt	2 egg yolks slightly beaten
Few grains cayenne	$\frac{3}{4}$ cupful sweet milk
$1\frac{1}{2}$ tablespoonfuls sugar	$\frac{1}{4}$ cupful vinegar
2 tablespoonfuls flour	$\frac{1}{2}$ cupful VITTUCCI VIRGIN
1 teaspoonful mustard	OLIVE OIL

Mix the dry ingredients and add the eggs slightly beaten. Stir well, then add the milk gradually. Put on the fire in a double boiler and stir till hot, then pour in the vinegar very slowly and cook until thick. When thick, remove from the fire and add the oil very slowly. When cold, and just before serving, dilute, if desired, with whipped cream. Plain cream may be substituted if preferred.

## BOILED SALAD DRESSING (Sour Milk)

RECIPE NO. 89

$\frac{1}{2}$ tablespoonful salt	1 cupful sour milk
$1\frac{1}{2}$ tablespoonfuls sugar	$\frac{1}{4}$ teaspoonful soda
$2\frac{1}{2}$ tablespoonfuls flour	$\frac{1}{4}$ cupful vinegar
1 teaspoonful mustard	$\frac{1}{2}$ cupful VITTUCCI VIRGIN
Few grains cayenne	OLIVE OIL
1 egg yolk	

Mix the dry ingredients (except the soda) and add the egg. Stir till well mixed. Dissolve the soda in the sour milk and add. Put on the fire in a double boiler and stir frequently until hot, then add the vinegar very slowly and cook until thick, stirring almost constantly. When thick, remove from the fire and pour in the oil very slowly. Just before serving, dilute with plain or whipped cream.

## PLAIN FRENCH DRESSING

RECIPE NO. 90

- |                           |                             |
|---------------------------|-----------------------------|
| 1 tablespoonful vinegar   | Salt, pepper and paprika to |
| 4 tablespoonfuls VITTUCCI | suit taste                  |
| VIRGIN OLIVE OIL          |                             |

Put salt, pepper, paprika, vinegar and olive oil in a small bowl and mix well, then pour over salad when ready to serve. Lemon juice can be used instead of vinegar.

## FRENCH DRESSING (With Tomato Catsup)

RECIPE NO. 91

- |                              |                                  |
|------------------------------|----------------------------------|
| 3 tablespoonfuls VITTUCCI    | $\frac{3}{4}$ teaspoonful salt   |
| VIRGIN OLIVE OIL             | $\frac{1}{8}$ teaspoonful pepper |
| 1 tablespoonful vinegar      | Dash cayenne or paprika          |
| 2 teaspoonfuls tomato catsup |                                  |

Mix all together and pour over a green salad.

## PERFECTION FRENCH DRESSING

RECIPE NO. 92

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| $\frac{1}{4}$ cupful VITTUCCI VIRGIN | $\frac{1}{8}$ teaspoonful pepper |
| OLIVE OIL                            | Few grains paprika               |
| 1 tablespoonful tarragon             | 4 drops onion juice              |
| vinegar                              | Garlic                           |
| $\frac{1}{2}$ teaspoonful salt       | Roquefort cheese                 |

Rub the mixing bowl with a bruised clove of garlic. Remove the garlic and mix together all ingredients but the cheese. When well mixed, break in bits of roquefort cheese and beat till creamy. Excellent served with cauliflower, asparagus, spinach or fish salads.

## FRUIT FRENCH DRESSING

RECIPE NO. 93

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| $\frac{1}{2}$ teaspoonful salt    | $\frac{1}{2}$ tablespoonful powdered |
| $\frac{1}{4}$ teaspoonful paprika | sugar                                |
| $\frac{1}{4}$ cupful orange juice | $\frac{1}{2}$ cupful VITTUCCI VIRGIN |
| 1 tablespoonful lemon juice       | OLIVE OIL                            |

Mix all together and serve with fruit salads. Excellent on a salad of oranges, celery and nuts.

## VITTUCCI MAYONNAISE

RECIPE NO. 94

4 egg yolks	1 pint VITTUCCI VIRGIN
Salt, white pepper, mustard	OLIVE OIL
Few grains cayenne or paprika	4 teaspoonfuls lemon juice

Put all ingredients except lemon juice and olive oil in bowl and mix well with egg beater, then add olive oil, drop by drop. When the mixture is of good consistency the oil may be added faster. When it is too thick to beat well add a little lemon juice, then add more oil, and so on alternately until both lemon juice and olive oil are used. Utensils should be cold. Stir all one way. This recipe is very simple and makes the most delicious Mayonnaise for all kinds of salads—fruit, vegetable, fish, etc.

(Above sufficient for eight persons.)

## EGGLESS MAYONNAISE

RECIPE NO. 95

1 teaspoonful dry mustard	$\frac{1}{3}$ cupful vinegar or lemon
1 teaspoonful cold water	juice
1 cupful VITTUCCI VIRGIN	Salt, cayenne and paprika
OLIVE OIL	to taste

Put mustard in bottom of mixing bowl and stir in the water till smooth. Add oil very slowly, at first drop by drop, stirring vigorously. As it thickens, dilute with part of the vinegar, then add oil and vinegar alternately, stirring constantly. Season to taste with salt, cayenne and paprika.

In making this Mayonnaise, be sure the water and mustard are mixed until very smooth before adding oil, or it will not be successful.

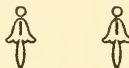
# MAP OF ITALY MAYONNAISE

RECIPE NO. 96

2 egg yolks (1 will answer)	1 cupful VITTUCCI VIRGIN
$\frac{1}{2}$ teaspoonful dry mustard	OLIVE OIL
1 teaspoonful salt	1 tablespoonful vinegar
$\frac{1}{8}$ teaspoonful paprika	$\frac{1}{2}$ tablespoonful lemon juice
Few grains cayenne	

Put egg yolks and seasonings in bowl and mix. Then add oil, at first drop by drop, mixing in thoroughly, then a little faster, beating constantly. When too thick to beat well, add the vinegar, then more oil, then lemon and oil until all is used.

Two egg yolks make a richer Mayonnaise, but one will answer if preferred.



# Cakes, Pies and Fillings

\*\*\*\*\*

## WHITE LAYER CAKE

RECIPE NO. 97

$\frac{1}{3}$ cupful butter	2 rounding teaspoonfuls
$1\frac{1}{4}$ cupfuls sugar	baking powder
$\frac{1}{2}$ cupful milk	3 egg whites
$1\frac{3}{4}$ cupful flour (measured after sifting)	1 teaspoonful vanilla

Cream the butter, add sugar gradually, and work together until very creamy. Sift the flour and baking powder together and add, alternately with the milk, to the butter and sugar. Beat the whites very stiff and dry and fold in; add vanilla and bake. The oven should be very slow until batter rises to its full capacity (about double its bulk), then increase the heat and bake until the cake shrinks from sides of pan. When cool spread with either the Chocolate Cake Filling or Lemon Cake Filling, Recipes Nos. 101 and 102.

## CHOCOLATE ECLAIRS

RECIPE NO. 98

(These ECLAIRS are very easy to make and are perfect. No flavor of oil can be detected.)

1 cupful hot water	1 cupful unsifted flour
$\frac{1}{3}$ cupful VITTUCCI VIRGIN OLIVE OIL	$\frac{1}{4}$ teaspoonful salt
	3 unbeaten eggs

Put the water and VITTUCCI VIRGIN OLIVE OIL together and when boiling, stir in the flour and salt. Remove from the fire at once. Cool. When cool drop in the unbeaten eggs. Beat all together vigorously for 5 or 6 minutes or until very smooth. Drop from a tablespoon onto buttered pans in oblong shape, about an inch wide and four inches long. Allow about four inches between each to permit of spreading. Bake in a moderately hot oven for 30 minutes.

Immediately upon removing from the oven, spread upon the top of each a little melted chocolate sweetened with a little pulverized sugar. When cold split open one side and put in a spoonful of the following custard:

#### CUSTARD FOR ECLAIR FILLING

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 cupful sugar                      | 2 tablespoonfuls VITTUCCI           |
| $\frac{1}{2}$ cupful unsifted flour | VIRGIN OLIVE OIL                    |
| Pinch salt                          | 1 pint milk                         |
| 2 eggs slightly beaten              | $1\frac{1}{2}$ teaspoonfuls vanilla |

Mix sugar and flour, add eggs slightly beaten and salt. Mix well, then add VITTUCCI VIRGIN OLIVE OIL, then the milk gradually. Cook in a double boiler until very thick, stirring almost constantly. When partially cool, add vanilla. When cold, fill the eclairs.

#### PHILADELPHIA CREAM PIE

RECIPE NO. 99

- |  |   |
|--|---|
| 2 eggs                                     | $\frac{3}{4}$ teaspoonful baking powder |
| 1 cupful sugar                             | $\frac{1}{4}$ teaspoonful salt          |
| 1 cupful flour (measured<br>after sifting) | $\frac{1}{2}$ cupful boiling water      |
|  | $1\frac{1}{2}$ teaspoonfuls vanilla     |

Beat eggs together and stir in sugar. Add boiling water. Mix and sift flour, baking powder and salt and sift in; then add vanilla and beat smooth. Pour into two well greased cake pans and bake in rather a slow oven until it shrinks from sides of pan. When cool spread the following filling between the two layers and on top:

#### CHOCOLATE CUSTARD FILLING

- |                                |                             |
|--------------------------------|-----------------------------|
| 2 eggs                         | $1\frac{7}{8}$ cupfuls milk |
| $\frac{1}{2}$ cupful flour     | 2 squares unsweetened       |
| 1 cupful sugar                 | chocolate, melted           |
| $\frac{1}{2}$ teaspoonful salt | 1 teaspoonful vanilla       |
| 3 tablespoonfuls VITTUCCI      |                             |
| VIRGIN OLIVE OIL               |                             |

Beat eggs slightly and stir in sugar, flour, salt and then the oil. Bring milk to a boil in double boiler, and when boiling stir this in. Add melted chocolate

and stir and cook until thick. Remove from fire and beat very smooth. When partially cool, add vanilla and spread on cake.

## PINEAPPLE FRITTERS

RECIPE NO. 100

$\frac{1}{2}$ cupful flour	1 beaten egg
$\frac{1}{2}$ teaspoonful baking powder	Sliced canned pineapple
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{4}$ cupful pineapple juice
2 tablespoonfuls granulated sugar	VITTUCCI VIRGIN OLIVE OIL

Mix and sift the flour, baking powder, sugar and salt; add the slightly beaten egg, then the pineapple juice. Beat to a smooth batter. Dip into the batter slices of canned pineapple and drop gently into deep, hot VITTUCCI VIRGIN OLIVE OIL, and fry to a golden brown. Drain on brown paper; roll in powdered sugar and serve hot.

## LEMON CAKE FILLING

RECIPE NO. 101

3 beaten egg yolks	$\frac{1}{2}$ cupful cold water
2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL	2 slightly rounding table-spoonfuls corn starch
1 cupful sugar	
Juice and rind of 1 large or $1\frac{1}{2}$ small lemons	

Mix the VITTUCCI VIRGIN OLIVE OIL with the beaten egg yolks; add the sugar, juice and rind of lemon and half of the water. Let come to a boil, then stir in the cornstarch thoroughly dissolved in the other half of the water. Cook until thick, stirring almost constantly. When cool, spread.

## CHOCOLATE CAKE FILLING

RECIPE NO. 102

2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL	1 cupful sugar
$1\frac{1}{2}$ squares unsweetened chocolate	3 egg yolks
	$\frac{1}{2}$ cupful milk
	$\frac{1}{2}$ teaspoonful vanilla

Put the VITTUCCI VIRGIN OLIVE OIL and choco-



late in a skillet and stir until chocolate is melted. Set aside from fire. Beat the egg yolks, add the milk and sugar and mix thoroughly; then pour gradually into the melted chocolate and oil. Return to fire and cook, stirring constantly, until very thick. When cool, spread between and on top of cake.

## LEMON PIE FILLING

RECIPE NO. 103

(Sufficient for 1 pie)

$\frac{1}{4}$ cupful unsifted flour	$1\frac{1}{2}$ large or 2 small lemons
2 tablespoonfuls corn starch	1 cupful cold water
$\frac{3}{4}$ cupful sugar	2 tablespoonfuls VITTUCCI
$\frac{1}{2}$ teaspoonful salt	VIRGIN OLIVE OIL
2 eggs	

Mix thoroughly the sugar, flour, cornstarch, salt and the grated rind of the lemons. Add the yolks of the eggs well beaten, stirring in thoroughly; then the lemon juice. Mix well, then add the water and VITTUCCI VIRGIN OLIVE OIL. Cook until thick, in the top of a double boiler, stirring frequently. When cold, spread in a pie shell which has been previously baked and cooled. Beat the whites of the eggs to a stiff froth, add to them two tablespoonfuls of sugar and spread irregularly over the top. Set in a hot oven or under the gas flame to brown, watching closely so it will not scorch.





# Pudding and Pudding Sauces



## CHOCOLATE BLANC MANGE

RECIPE NO. 104

- |                            |                                   |
|----------------------------|-----------------------------------|
| $\frac{1}{2}$ cupful sugar | 1 square unsweetened              |
| $\frac{1}{4}$ cupful flour | chocolate, melted                 |
| 1 egg slightly beaten      | 1 cupful milk                     |
| 2 tablespoonfuls VITTUCCI  | $\frac{1}{2}$ teaspoonful vanilla |
| VIRGIN OLIVE OIL           |                                   |

Mix sugar and flour. Stir in the egg, then the VITTUCCI VIRGIN OLIVE OIL. Melt chocolate and add; then the milk. Cook in double boiler until thick, stirring almost constantly. Serve either hot or cold with sugar and cream.

## LEMON PUDDING

RECIPE NO. 105

- |                           |                            |
|---------------------------|----------------------------|
| 1 cupful fine dry bread   | 1 beaten egg               |
| crumbs                    | $\frac{1}{2}$ cupful sugar |
| Grated rind of 1 lemon    | 1 pint milk                |
| 2 tablespoonfuls VITTUCCI |                            |
| VIRGIN OLIVE OIL          |                            |

Mix and bake slowly for about 40 minutes. Serve with Lemon Pudding Sauce, Recipe No. 109.

## PEACH PUDDING WITH WHIPPED CREAM

RECIPE NO. 106

- |                                 |   |
|---------------------------------|---|
| 2 cupfuls peaches (mashed)      | 4 tablespoonfuls VITTUCCI               |
| and juice                       | VIRGIN OLIVE OIL                        |
| $\frac{3}{4}$ cupfuls sugar     | $\frac{1}{4}$ teaspoonful salt          |
| 2 tablespoonfuls flour (level)  | 1 tablespoonful lemon juice             |
| $\frac{1}{2}$ cupful cold water | Grated rind of $\frac{1}{2}$ lemon      |
| 2 egg yolks                     | $\frac{1}{2}$ pint heavy cream, whipped |

Mix sugar, flour and salt and add slightly beaten egg yolks. Mix thoroughly, then add VITTUCCI VIRGIN OLIVE OIL, then the water and peaches. Cook,

stirring constantly until very thick. When very cold fold in half of the whipped cream, using other half on top.

## ORANGE CUSTARD

RECIPE NO. 107

(Will serve six)

1 cupful sugar	$\frac{1}{4}$ teaspoonful salt
4 eggs slightly beaten	$\frac{1}{2}$ cupful VITTUCCI VIRGIN
Grated rind of 4 oranges	OLIVE OIL
1 cupful orange juice	$\frac{1}{4}$ cupful flour (unsifted)
Juice of 1 lemon	Sliced oranges

Mix together the sugar, flour, salt and orange rind; add the eggs, then the VITTUCCI VIRGIN OLIVE OIL and orange juice. Cook until very thick, stirring constantly. Serve very cold, poured over sliced oranges.

## LEMON BUTTER (Very Fine)

RECIPE NO. 108

$\frac{1}{2}$ cupful VITTUCCI VIRGIN	4 lemons, juice and grated
OLIVE OIL	rind
$1\frac{1}{2}$ cupfuls sugar	1 rounding tablespoonful
5 well beaten eggs	butter

Beat the eggs without separating. Mix all together with exception of the butter and cook in double boiler until thick, stirring constantly. Just before removing from the fire, add butter.

To be served cold, either on tarts or as a jelly. Excellent to spread on bread for children.

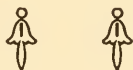
Those who do not care for the flavor of oil, can obtain the nourishment without the flavor in this Lemon Butter, as the flavor of the oil is not noticeable.

# LEMON PUDDING SAUCE (Excellent)

RECIPE NO. 109

2 tablespoonfuls corn starch	Grated rind and juice of 1
1 cupful sugar	lemon
$\frac{1}{4}$ teaspoonful salt	2 tablespoonfuls VITTUCCI
1 egg yolk slightly beaten	VIRGIN OLIVE OIL
	1 cupful cold water

Mix together the cornstarch, sugar, salt and lemon rind. Add the slightly beaten egg and mix thoroughly. Then add the lemon juice and oil. Stir well and add the water. Boil, stirring constantly, until it thickens.



# Sandwiches

.....

## SANDWICH MAKING

Bread for sandwiches should be not less than two days old, and each slice should be spread before removing from the loaf. There will be no danger of crumbling and breaking if spread with Salad Dressing instead of butter.

A lettuce leaf laid between all sandwiches is not only a pleasing addition, but will keep the sandwiches fresh longer. It should be wiped carefully, however.

Unless the sandwiches are to be used at once, they should be wrapped, each variety separately, in paraffine paper.

Any kind of meat can be made into dainty sandwiches if all fat and gristle be removed, the meat minced fine and mixed with Mayonnaise or Boiled Salad Dressing.

Any left-over vegetable, if carefully drained of all juice, and then allowed to marinate (stand in French Dressing) an hour, will make excellent sandwiches.

One of the most delicious of all sandwiches is that made from our Lemon Butter recipe.

.....

## BEET SALAD SANDWICHES

RECIPE NO. 110

Chop cold boiled beets fine and let stand an hour in a little French Dressing. Drain. Mix with them some chopped pickle and very little minced onion. Spread both slices of bread with Mayonnaise instead of butter and put this filling between.

## CLUB SANDWICHES

RECIPE NO. 111

Spread three slices of hot toast with Map of Italy Mayonnaise. Lay on one slice a piece of lettuce and cover with hot broiled bacon. Then cover with another slice of toast (Mayonnaise side up) and on this put slices of cold turkey or chicken seasoned, and, if liked, a little thinly sliced pickle. Cover with the third piece of toast. Press together slightly and put each sandwich, as soon as made, in a hot pan with a tight cover, as they cool quickly.

## CUCUMBER SANDWICHES

RECIPE NO. 112

Slice cucumbers thin and let stand in French Dressing half an hour or more. Drain and put between slices of bread spread with Mayonnaise, with a leaf of lettuce between.

## FIG SANDWICHES

RECIPE NO. 113

Stew  $\frac{1}{2}$  pound figs, 1 tablespoonful sugar and  $\frac{1}{2}$  cupful water until very soft. Mash to a paste and cool. Mix with 1 cupful chopped nuts, add 1 teaspoonful lemon juice and spread between slices of bread spread with Mayonnaise or Boiled Salad Dressing.

## RAISIN SANDWICHES

RECIPE NO. 114

Put seedless raisins and half the quantity of nut meats through the food chopper. To 1 cupful of raisins allow 1 tablespoonful VITTUCCI VIRGIN OLIVE OIL and  $\frac{1}{2}$  teaspoonful lemon juice. Add 2 tablespoonfuls of either Mayonnaise or Boiled Salad Dressing, and spread between thin slices of buttered bread.

## CUCUMBER AND ONION SANDWICHES

RECIPE NO. 115

Pare cucumbers and mince fine with about equal quantity of onion. Mix with Mayonnaise or Boiled Salad Dressing, add bits of shredded lettuce and spread between thin slices of bread.

## FISH SANDWICHES

RECIPE NO. 116

Cold cooked fish, hard boiled eggs and sweet gherkins. Remove the bones and skin of fish and mash with a fork. Mash the egg and mix, then add the chopped sweet gherkin. Mix all with Mayonnaise or Boiled Salad Dressing and spread.

## LEMON BUTTER SANDWICHES

RECIPE NO. 117

Spread slices of bread generously with Lemon Butter (Recipe No. 108). This makes nourishing and delicious sandwiches and is especially desirable for children's luncheons.

## MOCK CHICKEN SANDWICHES

RECIPE NO. 118

Boil any lean part of pork or veal until tender and when cold put through the meat chopper. Mix with a little hard boiled egg (or the egg may be omitted) and with Boiled Salad Dressing or Mayonnaise. Spread between slices of bread with a lettuce leaf between.

## SALMON SALAD SANDWICHES

RECIPE NO. 119

To a pound can of salmon allow about 2 hard boiled eggs, 1 medium sized sour pickle, 3 or 4 lettuce leaves and 1 medium sized cucumber.

Remove every bone, skin, and drain off oil. Chop the eggs, pickle and cucumber, shred the lettuce and mix all together with Boiled Salad Dressing. Spread between thin slices of buttered bread.

# Pickles and Relishes

\*\*\*\*\*

## INDIA RELISH

RECIPE NO. 120

- |                                     |                      |
|-------------------------------------|----------------------|
| 2 large or 3 small heads<br>cabbage | 1 dozen large onions |
| 8 pounds green tomatoes             | 8 green Bell peppers |
| 2 pounds ripe tomatoes              | 6 red Bell peppers   |

Chop all fine. Sprinkle well with salt and let stand over night. In the morning drain and put on the stove with 3 pounds of brown sugar and enough cider vinegar to cover. Boil slowly one hour; then add 1 cupful horseradish mixed with 1 cupful VIT-  
TUCCI VIRGIN OLIVE OIL. Pack in stone crocks or glass jars and cover.

## CAULIFLOWER PICKLES OR CHOW CHOW

RECIPE NO. 121

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 3 large heads cauliflower            | 1 cupful flour                      |
| 2 pounds string beans                | $\frac{1}{4}$ pound box dry mustard |
| 2 quarts small onions                | 2 green peppers                     |
| 5 quarts vinegar                     | $\frac{1}{2}$ teaspoonful cayenne   |
| 1 quart VITTUCCI VIRGIN<br>OLIVE OIL | $\frac{1}{2}$ ounce tumeric         |
| 5 cupfuls sugar                      | $\frac{1}{2}$ cup black pepper      |
| 5 eggs                               | Salt to taste                       |

Five heads cauliflower may be used, omitting the string beans if preferred.

Boil the cauliflower and beans separately in boiling water until tender, after first separating the flowerettes and cutting the beans in thirds. Mix together the dry ingredients, beat the eggs and add, then stir in the Olive Oil. Add the vinegar and boil until it thickens and is smooth, stirring constantly. Drain the water from the cauliflower and beans and add with the chopped peppers and boil five minutes longer. Pour into sterilized crocks or jars and cover.



## BEET RELISH

RECIPE NO. 122

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 quart raw cabbage chopped<br>fine  | 1 tablespoonful or more salt |
| 1 quart boiled beets chopped<br>fine | 1 teaspoonful pepper         |
|                                      | 1 cupful grated horseradish  |

Mix together and cover with cold vinegar and VITTUCCI VIRGIN OLIVE OIL in the proportion of  $\frac{1}{4}$  of the oil to  $\frac{3}{4}$  vinegar.

## MUSTARD PICKLES

RECIPE NO. 123

- |                         |  |
|-------------------------|--|
| 1 quart small cucumbers | 6 large cucumbers peeled<br>and sliced |
| 1 quart small onions    |  |
| 2 large cauliflower     | 1 red pepper                           |
| 1 quart celery          | 2 green peppers                        |
| 1½ quarts string beans  |  |

Separate the flowerettes of the cauliflower, cut the celery into  $\frac{1}{2}$  inch lengths, string the beans and cut into thirds and chop the peppers coarsely. Mix all together, cover with salted water (1 cupful of salt to 1 gallon cold water), let stand 24 hours, then scald. Drain off the water and pack the pickles into jars or crocks and pour over them the following paste:

- |   |                              |
|---|------------------------------|
| 1½ cupfuls VITTUCCI VIRGIN<br>OLIVE OIL | 3 tablespoonfuls celery seed |
| 3 quarts cider vinegar                  | 2 cupfuls granulated sugar   |
| 1½ cupful dry mustard                   | 1¼ cupfuls flour             |
| 2 tablespoonfuls tumeric                | Additional salt to taste     |

Mix the dry ingredients; stir in the oil, then the vinegar. Boil, stirring constantly until it thickens.

## PICKLED NASTURTIUM SEEDS

RECIPE NO. 124

As seeds are gathered, wash and drain and put into enough cold vinegar (to which should be added 1 teaspoonful salt to each pint of vinegar) to well cover. Add seeds as gathered from time to time.



When all are gathered, drain off this vinegar. Pour over the seeds VITTUCCI VIRGIN OLIVE OIL, allowing about  $\frac{1}{4}$  cupful of oil to each cupful seeds. Take fresh vinegar, enough to cover, add to it the same proportion of salt and heat to boiling. Pour over the seeds and oil and bottle while hot.

## PICKLED ONIONS

RECIPE NO. 125

Peel small onions and put in a large jar. Make a brine of salt and water, adding salt until strong enough to bear up an egg. Heat, and when boiling, pour over the onions. Let stand three days. Drain in a colander and let the cold water run over them. Take enough vinegar and water (half each) to cover the onions and boil them five minutes, then let stand till the next day. Drain again, pouring off all the vinegar. Stuff one large onion full of cloves and put in the center. Take enough fresh vinegar and VITTUCCI VIRGIN OLIVE OIL (using 1 cupful VITTUCCI VIRGIN OLIVE OIL to each quart of vinegar) to cover and to each quart of the liquid add 12 pepper corns. Pour over the onions and cover.

## PEPPER HASH

RECIPE NO. 126

2 medium sized heads cabbage	1 ounce each celery seed,
12 small dry onions	white and black mustard
3 green peppers	seed
2 red peppers	2 cupfuls VITTUCCI VIRGIN
3 bunches celery	OLIVE OIL
1 tablespoonful whole cloves	Cold vinegar (about $1\frac{1}{2}$
	quarts

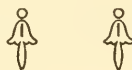
Chop cabbage fine and sprinkle well with salt. Let stand an hour or more then drain off water and mix with rest of chopped ingredients and the spices. Cover with the cold vinegar and olive oil. Stir all well and put in a stone crock. Keep covered. Always stir before taking any out to serve.

# VITTUCCI OIL PICKLES

RECIPE NO. 127

200 small whole cucumbers, or	2 tablespoonfuls juniper
150 medium sliced cucumbers	berries
3 pounds granulated sugar	5 green bell peppers
2 ounces celery seed	chopped
2 tablespoonfuls white	2 cupfuls white onions
mustard	(small)
3 tablespoonfuls black	1 quart VITTUCCI VIRGIN
pepper	OLIVE OIL
	Vinegar

Let cucumbers stand over night in water to which is added enough salt to bear up an egg. In the morning drain. Heat enough fresh vinegar to cover the pickles and scald them but do not boil. Drain off this vinegar. Put the pickles in a stone crock together with the chopped peppers and small onions. Mix the VITTUCCI VIRGIN OLIVE OIL with the mustard and pepper, then pour over the pickles and add the celery seed and juniper berries. Take enough fresh vinegar to cover, add the sugar and let come to a boil, then pour over. Mix all well. Cut up fine pieces of horseradish root and add to each jar of pickles. Cover with young horseradish leaves.



# Medicinal Helps



## FOR BRONCHIAL COLDS OR SORE THROAT

RECIPE NO. 128

Mix  $\frac{1}{3}$  VITTUCCI VIRGIN OLIVE OIL with  $\frac{2}{3}$  Turpentine. Shake well. Rub well into the chest or throat and cover with a piece of flannel saturated in the mixture.

## FOR A FINE, SOFT COMPLEXION

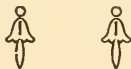
Take internally by using generously in foods, or take one dessert spoonful before each meal.

## FOR APPENDICITIS, INDIGESTION, ETC.

For the prevention and cure of appendicitis, indigestion, constipation, piles, and gall stones, many physicians recommend VITTUCCI VIRGIN OLIVE OIL.

## SHAVING

For use after shaving, VITTUCCI VIRGIN OLIVE OIL will be found excellent.



# Miscellaneous

\*\*\*\*\*

## SALTED ALMONDS

RECIPE NO. 129

Blanch almonds by allowing to stand a few minutes in boiling water, then break the skin at the point and slip out.

To one cupful of nuts allow 2 tablespoonfuls VITTUCCI VIRGIN OLIVE OIL. Heat the oil in a frying pan and stir in the nuts. Stir constantly until light brown. Put in a sieve, shake off the superfluous oil, sprinkle well with salt and cool.

## SALTED PEANUTS

Remove the brown skin, then prepare in the oil as above.

## FURNITURE AND FLOOR POLISH

RECIPE NO. 130

1 cupful VITTUCCI VIRGIN  
OLIVE OIL

1 cupful turpentine  
1 cupful vinegar

Put all in a large bottle and shake vigorously. Moisten a cheese cloth evenly and wring out as dry as possible. Hang in the wind a few minutes, then use.



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ARE ALL LEVEL

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# Memoranda





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